

CELERY



PREPARATION

- Chop 10cms off the base. Trim celery leaves and smaller stalks off (reserve the base for flavouring stocks and the leaves for soups or making pesto).
- Cut celery stems into 1–2cm slices.

ADD FLAVOUR

- Spread raw celery stems thinly with peanut butter or cottage cheese for a tasty snack.
- Stir fry celery slices with 1 Tbsp oil and crushed garlic until crisp and tender, about 5 minutes.

STORAGE

- Store in a plastic bag or container in the fridge.
- Tip: revive limp celery by slice off both the bottom ends and stand celery in a jug of cold water for 30 minutes.
- Can be frozen to use in soups, curries and stir fry's.

VEGE UP

- Add chopped stems and leaves to stews, soups, casseroles or salads.
- Chop celery stems finely and add to mince dishes.
- Use stems as a vegetable stick with hummus and other low fat dips, particularly delicious with peanut butter.
- Use celery stems in children's school lunchboxes.
- Use celery leaves and stems to bulk up a pesto.

COOKING

- Stir fry celery stems with a little water for 2–4 minutes, until tender but still slightly crunchy.
- Use in soups, stocks, curries and stir fry's.